

HEALTHY SLEEP HABITS



Improve your sleep with some positive lifestyle changes and consistent sleep habits

1 REGULAR SLEEP SCHEDULE

Try to maintain a consistent sleep pattern 7 days a week. Getting up at the same time every day can help.



2 RELAXING BEDTIME ROUTINE

Spend time before bed relaxing: read a book, meditate, stretch, do yoga, have a shower or bath. Avoid difficult conversations, activities or work.



3 AVOID STIMULANTS

Don't drink caffeine, sugary or energy drinks in the evening. Avoid nicotine before bed. Only drink alcohol in moderation at night, if at all.



4 GOOD SLEEP ENVIRONMENT

Keep your bedroom clean, tidy and comfortable. Use a quality mattress and bedding. Keep the bedroom aired, and a temperature between 60 -70 °F (17-21 °C)



5 BLOCK OUT NOISE AND LIGHT

Make sure the bedroom is dark and quiet. Use blackout curtains or a sleep mask. Use earplugs, white noise, a fan or music to mask external noise.



6 ONLY SLEEP AND INTIMACY

Only use the bed for sleep and intimacy with a partner. Avoid watching TV or using other devices in bed. That will help associate the bed with sleep.



7 EXERCISE AND DAYLIGHT

Try to do regular exercise, but not too intense before bedtime. Spend time outside in the daylight. Even a short walk during the day can improve sleep.



8 EAT WELL

Try to eat a balanced, healthy diet. Avoid heavy, fatty, fried or spicy food late in the evening if you get indigestion. Bananas, yogurt or healthy cereal are good bedtime snacks.



Best Way To Sleep Hygiene Tips Full Tutorial

Kathleen Armour



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Table of Contents Best Way To Sleep Hygiene Tips Full Tutorial

1. Understanding the eBook Best Way To Sleep Hygiene Tips Full Tutorial
 - The Rise of Digital Reading Best Way To Sleep Hygiene Tips Full Tutorial
 - Advantages of eBooks Over Traditional Books
2. Identifying Best Way To Sleep Hygiene Tips Full Tutorial
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Best Way To Sleep Hygiene Tips Full Tutorial
 - User-Friendly Interface

4. Exploring eBook Recommendations from Best Way To Sleep Hygiene Tips Full Tutorial
 - Personalized Recommendations
 - Best Way To Sleep Hygiene Tips Full Tutorial User Reviews and Ratings
 - Best Way To Sleep Hygiene Tips Full Tutorial and Bestseller Lists
5. Accessing Best Way To Sleep Hygiene Tips Full Tutorial Free and Paid eBooks
 - Best Way To Sleep Hygiene Tips Full Tutorial Public Domain eBooks
 - Best Way To Sleep Hygiene Tips Full Tutorial eBook Subscription Services
 - Best Way To Sleep Hygiene Tips Full Tutorial Budget-Friendly Options
6. Navigating Best Way To Sleep Hygiene Tips Full Tutorial eBook Formats
 - ePub, PDF, MOBI, and More
 - Best Way To Sleep Hygiene Tips Full Tutorial Compatibility with Devices
 - Best Way To Sleep Hygiene Tips Full Tutorial Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Best Way To Sleep Hygiene Tips Full Tutorial
 - Highlighting and Note-Taking Best Way To Sleep Hygiene Tips Full Tutorial
 - Interactive Elements Best Way To Sleep Hygiene Tips Full Tutorial
8. Staying Engaged with Best Way To Sleep Hygiene Tips Full Tutorial
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Best Way To Sleep Hygiene Tips Full Tutorial
9. Balancing eBooks and Physical Books Best Way To Sleep Hygiene Tips Full Tutorial
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Best Way To Sleep Hygiene Tips Full Tutorial
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Best Way To Sleep Hygiene Tips Full Tutorial
 - Setting Reading Goals Best Way To Sleep Hygiene Tips Full Tutorial
 - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Best Way To Sleep Hygiene Tips Full Tutorial
 - Fact-Checking eBook Content of Best Way To Sleep Hygiene Tips Full Tutorial
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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